



# Optimism and Beyond

---

Sohailuddin Alavi



# Divine Context

- Almighty speaks, “Say: Nothing shall ever happen to us except what Almighty has ordained for us. He is our Mawla (protector). And in Allah let the believers put their trust.” (*Surah Tawba, Verse 51*)
- Almighty says, “He does not burden [make responsible] a person except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned.” (*Surah Al-Baqarah, Verse 286*)
- Moral
  - Unconditional trust on **Almighty** enables a person to embrace all sorts of situations with optimism, positivity, hope and realistic attitude

# Exploring

---

- Optimism
  - Affirmative outlook about the future: Almighty says “End [Future] will be better than [Now] today/” (Sura Ad Duha Verse 4)
    - Whatever Almighty Has decreed for me shall be good
  - Come what may: Almighty says, “Surely with (that) hardship comes (more) ease.” (Sura Ash-Sharh verse 5)
  - Conclusion: Optimism is to stay confident [calm] of the future happenings, however, uncertain it may be!

# Exploring

---

- Positivity
  - Confidence: Almighty says, “Believers! Seek help in patience and in Prayer; Allah is with those that are patient.” (Sura Baqarah Verse 153)
  - Trust: Almighty says, “Your Lord [O’Prophet<sup>pbuh</sup>] has not abandoned you, nor has He become hateful of you. (Sura Ad Duha verse 3)
  - Staying calm: Almighty says, “Who, when faced with a disaster, say, Surely to Allah we belong and to Him we will all [shall] return.” (Sura Baqarah Verse 156)
  - Conclusion: Positivity is to remain poised in a given situation, whatsoever, and be heedful [aware] of the possibilities to respond

# Exploring

---

- Hope
  - Believe: Almighty says, “Whoever should think that Allah will not support [Prophet Muhammad – his followers included] in this world and the Hereafter - let him extend a rope to the ceiling, then cut off [his breath], and let him see: will his effort remove that which enrages [him] [i.e., negative thoughts]?” (Surah Hajj verse 15)
  - Conclusion: Hope is to make all out efforts in responding to a situation, with a belief that he will be enabled [helped] by Almighty

# Exploring

---

- Realistic Attitude
  - Realistic means to acknowledge all the pros and cons; strengths and weaknesses; and, opportunities and threats while preparing to respond.
  - It also means to act in a considered and calculated manner
  - Furthermore, it means to keep your expectations aligned to ground realities
  - Conclusion: Always act [respond] pragmatically

# Flip Side of Optimism

- Wishful thinking
  - Day dreaming – It is narrated that there was this artist who fell in love with his own sculpture of a woman. He kept wishing her to come to life. One day she did!
- Heedless actions
  - Panic – When people can't see a plausible solution, they begin to act randomly so that they can say something is being done
- Denial
  - Hide – Just like a Pigeon feels safe by closing his eyes, when he sees a Cat approaching him many of us close our mind to the situation
- Cursing
  - Blame game – Many a times, we all shift the blame of our shortcomings over to others.
- Withdrawal
  - Concede defeat – A business tycoon once made a statement believing that he can't overcome problems in making a cloth, so he would rather export yarn at much lower value.

# Spot on Advice

- Optimism, Positivity, Hope and Realistic Attitude are the essential foundations of a successful life. It entails; -
  - To keep trust on Allah
  - To take responsibility
  - To know your situation
  - To harness your perspective
  - To prepare for the challenges
  - To act with confidence



- Islam is more than a set of rituals the Muslims have confined it to.



Thank you for reading

